DISHES FOR LENT.

Our Leading Ladies Tell How to Cock Them.

IN THE WASHINGTON MARKETS.

prized and more eaten. The wives of our carefully selected. most noted statesmen spend a part of every day in the kitchen. Most of them have invented new dishes, and all have learned their lessons in the great cooking school of experience. Even the mistress of the White House boasts that she can prepare a dinner from soup to dessert, and overy one of the cabinet ladies tells me that she can broil a steak or baste a roast. I see scores of Senator's wives in the market every morning, and I noticed Mrs. Secretary Windom, the other day, holding a fowl to the light to see if the flesh was white. Near by her Mrs. Attorney-Gencral Miller was pricing some cetery, and cral Miller was pricing some celery, and now MRS. ROSWELL P. FLOWER COOKS Mrs. Senator Sherman was at another unter testing a leg of mutton. Mrs. John A. Logan is often seen in the markets. Sam Randall, before he was sick, went with his wife to buy the meats for his own dinner table, and I have seen Senator Stanford walking along with his Chinese steward from meat stall to meat stall and with those fingers which can sign a check for \$10,000,000 feeling the raw red flesh to see if it be tender.

Mrs. Roswell P. Flewer, wife of New York's millionaire congressman, supervises her kitchen with as much interest as the wife of a poorer man. Her private table is one of the best appointed in Washington and on it are many dishes that would delight a bon vivant. She has any number of recipe books and on all the blank pages are written in her own handwriting the recipes for the dishes which have pleased her at different hotels.

THE LENTEN MARKETS.

During the next six weeks of Julia be a change in these Washington The ladies will gather around the fish counters, and even in the houses of those statesmen who belong neither to the Episcopal nor the Cathelic churches, Lonten dishes will be largely used. McKim, the White House steward, intenas to serve eggs oftener for breakfast, and he proposes to use lobster and shrimp salads for his lunches. President Harrison likes baked fish, and the succulent shad will be frequently on the table of the White House, while the Vice President will carry out the rules of his Episcopal faith and will stick to Lenten dishes.

There is good sense in the keeping of Lent, as far as eating is concerned. A leading Senator's wife tells me that it makes her blood better to stick to fish eggs and lighter dishes during the spring, and a noted general's wife ascribes her good health to her observance of Lent. During the past week, I have gathered for your readers recupes for Lenten dishes, and the wives of statesmen and generals have been called upon to give their experiences for like kitchens of your readers. the fish counters, and even in the houses of

called upon to give their experiences for the kitchens of your readers.

MRS. PRESIDENT HARRISON'S FISH CHOWDER. I start my list with a fish chowder from the White House. It is a dish for a king.
The President's wife has prepared the recipe for me, and her experience shows it to be good:

Cut a medium-sized shad, or white fish, Cut a medium-sized shad, or white fish, three or four potatoes, one onion and a quarter of a pound of bacon into small pieces. Fry the bacon and onion a light brown. Put a layer of potatoes in the saucepan, over that a layer of the fish, then a sprinkling of onions and bacon, then a layer of tomatoes, sprinkling with pepper and salt, alternating the layers until all is in. Add caough water to cover, place ever a moderate fire and let simmer twenty-live minutes. Boil one pint of milk, thickening it with cracker crumbs, let it stand a mo it with cracker crumbs, let it stand a me ment and then add to the chowder. Now stir for the first time, let boil an instant, season if not strong to taste, and serve hot. (Signed) CABOLINE S. HARRISON,

when any great affair is in progress the mistress of the house sends for a caterer to assist. She gives orders for the three meals of a day in the morning, and has not that awe of her cook which Vanderhilt had of his. She dares go into the kitchen and, greater presumption still in this day of \$10,000 chefs, gives verbal instruction to each new cook of the cookery of certain dishes which might almost be called Wanamaker dishes, so long have they served them in the family. One of these is baked shad, and the art of preparing it Mrs. Wanamaker learned from her grandmother and has had it for breakfast in the springtime ever since she was mistress of mother and has had it for breakfast in the springtime ever since she was mistress of a modest little cottage in Germantown and her husband was getting \$1,000 a year instead of—who knows how many thousands Mr. John Wanamaker gets now! The "shad breakfast" at Lindenhurst is known to all of Mfs. Wanamaker's friends, and many a one drops in accidentally when the fish, about which General Sherman queried where it got meat to cover its bones, is perved.

I have received a number of letters from A LOESTER SALAD WHICH THE POSTMASTER-

where it got meat to cover its bones, is served.

I have received a number of letters from ladies asking for punch recipes, and though the subject of drinks hardly comes under Lenten dishes, the plous can lay these recipes aside until after Easter. The more worldly will certainly appreciate was its creator:

Split two good-sized, fine, freshly boiled lobsters. Pick all the meat from out the shells, then cut it into one inch length eoual pieces. Place it in a sauce pan ou the hot range with one ounce of very good, fresh butter. Senson with one pinch of salt and half a tablespoonful of red pepper, adding two medium sired, sound truffles cut into small disc-shaped pieces. Cook for five minutes, then add a wincglassful of good Madeira wine. Reduce to one half, which will take three minutes. Have three egg yolks in a bowl with half a pint of sweet tream, beat well together and add to it the lobster. Gently shuffle for two minutes longer, or until it thickens well. Pour it into a hot turcen and serve hot.

(Signed) Mrs. John Wanamaker.

Miss. Mckee's Char Salad.

benger, or until it thickens well. Pour it into a hot tureen and serve hot.

(Signed) Mrs. John Wanamaler.

Mrs. Mcket's crap salad.

There is an old Spanish saying that it takes four persons to make a good salad. "A spendthrift must pour the oil and a miser the vinegar, a barrister must sprinkle the sait and a madman must bur the oil and a miser the vinegar, a barrister must sprinkle the sait and a madman must sturt he mixture." Mrs. Robert McKee, the daughter of the President, gives the ingredients of a good salad, but the cook who will make it properly must be guided by the proverb.

Boil one dozen crabs thirty minutes, adding a little salt to the water. When cold pick out the meat. Make a Mayonnaise dressing as follows: Beat the yolks of two eggs, add pepper, sait and mustard and mix well together. Then slowly add hair a pint of olive oil or enough to thicken the drassing. If too thick, add a few drops of issinon juce or vinegar. Great care should be exercised in pouring the oil as it will curdle if poured too fast. Now mix the crab meat and the mayonnaise together.

Garnish a dish with crisp lettuce leaves or water cresses, place the crabs in the centre and serve.

(Signed) Mary Harrison Myrr.

Mrs. Senator Quay says that all her family have "the sweet-tooth" and her cookery therefore is in the line of desserts, but she has one rocipe that may be put with the Lenten dishes although a fasting friar would need to pass it by. It is:

Boil one dozen crabs twenty minutes; when cold, pick. Three eggs well beaten, two tablespoonful of chopped paraley. Season with salt and pepper. Mix all together, using cream to moisten and put back the shells which should be clean and dry. Dip in beatler eggs and Viennas bread crumbs and fry ia hot lard to cover.

There is a delicious omelette which oftimes comes on the Quay breakfast table:

OMELETTE SOUFFLEE. Whites of six eggs, yolks of three, juice of half a temon, three tablespoonfuls powdered sugar. Grease a quart baking dish with butter. Now beat the whites to a very stiff froth, beat the yolks, add them carefully to the whites, then the sugar and juice of lemon, stir carefully and quickly heap into baking dish, powdered over with sugar and put into the oven. Bake fifteen minutes or until a golden-brown and serve hot. (Signed) Agnes B. Quar.

MRS. SENATOR MORRILL'S DEVILLED EGGS. A Fish Chowder From the White House—A
Cake Recipe From Mrs. Senator
Sherman—General.

Washington, Feb. 20, 1890.—[Special correspondence of Thie Herald.]—The best cooks of the United States are found in Washington. There is no place in the country where good dinners are more prized and more eaten. The wives of our most worked extenses.

Mass. Sexator Modrill's Devilled Eggs.

Here is a Green Mountain flavor about all the dishels esseved on the table of Senator Justin S. Morrill of Vermont. Mrs. Swan, oversees the house here and also in the country home in Vermont. She gives a dainty dish for a Lenten luncheon table:
Beil one dozen eggs hard, remove the shells and cut in halves lengthwise. Take with half a teaspoonful of mustard, salt teaspoonful of Worcestershire sauce. Fill the whites with this mixture and serve on a bed of letting leaves which should be carefully selected.

(Signed) L. S. SWAN. MRS. SENATOR REAGAN'S CATSUP.

Mrs. Roswell P. Flower, wife of New

OYSTER A LA POULETTE

Blanch a dozen oysters in their own li-quer, sait and remove the oysters, add a tablespoonful of butter, the juice of half a lemon, agill of cream and a tablespoonful of flour. Beat up the yolk of one egg while

Mrs. Senator Blair is one of the finest cooks of the capital. She gives me a recipe for what is known in Vermont as "New England Indian Pudding," and I doubt whether the title of corn mush is appropriate for it. The recipe is warranted, and it has gained Senator Blair hundreds of votes for his education bill. Here it is:

Two quarts of milk, one cup of meal, one cup of molasses, half-cup sugar, one tog. Two quarts of milk, one cup of meal, one cup of molasses, half-cup sugar, one teaspoonful of salt, one teaspoonful of cinnamon or ginger, two eggs. Heat one quart of the milk "milk warm," then slowly stir in the meal and keep stirring gently until it thickens, but does not quite boil. Remove from the stove and add the molasses, sugar, salt and spice. Then beat the eggs well and stir them in. Pour into the pudding dish, remove the mixing spoon and turn the second quart of milk in. Send immediately to the oven without mixing and cook steadily five hours.

(Signed) ELIZA N. BLAIR.

MBS, SENATOR DAVIS BOLLED OUSTERS.

MRS. SENATOR DAVIS' BOILED OYSTERS. Mrs. Cushman K. Davis is another good ars. Cushman R. Davis is another good cook, and though she comes from Minnesota she can cook oysters equal to the best of the Baltimore chefs. Here is her recipe for one of her dishes. She heads it "Plain broiled oysters on toast:"

Take the largest oysters obtainable. Brush the wire oyster-boller with softened

Bow Mrs. Wanamaker Bakes Shab.

There is a chef in the Wanamaker mansion whom they have had for years, but when any great affair is in progress the mistress of the house souds for a caterer to assist. She gives orders for the three to assist. She gives orders for the three to assist. She gives orders for the three to assist.

JUSTICE STRONG'S BONED CHICKEN.

This dish is not a Lenten dish, but it is so good that it will, I doubt not, cause many a cook to sin. It comes from Miss Strong, the daughter of the retired justice, and it is well worth the trying. The recipe reads: Cut up a chicken into quite small pieces, skin it, and pour over three pints of cold water. Boil it until the bones slip out of the meat easily, then take out all the meat, throw back the bones to boil in the liquor longer. Chop the meat with the rind of one lemon, having squeezed the juice into the boiling liquor. Put the meat, well-seasoned, into a jelly mould, and when the liquor is boiled down fully one half, strain it over the meat in the mould. Next morning turn out and serve with salad.

(Signed) Juna Darling Strong. This dish is not a Lenten dish, but it is so

I have received a number of letters from

Immense line of People's party badges just arrived at People's Equitable

To Vary the Monotony "Your duties must be somewhat me notonous," said a lady to a mailing clerk.

"They are, indeed." "The same round day after day and week after week. No excitement. "No excitement excepting when we have to rush things." "And when is that?"

"When we find 'In haste' written on the corner of an envelope." "Oh! yes, that creates excitement!"

"Tremendous!"-Boston Courier, From the Annals of a Dusty Neighbor





"Porter, clean this speaking tube; it's dusty. Whatcher laughing at? -Harper's Bazar,

No Place for Him.

"Where's the nearest fire?" asked a nervous man of a big Chestnut street "Fire? There isn't any fire that I

know of.' "Well, where's the best block to see

people killed by the electric wires?" "What's the matter with you?"

"Ain't there any riots handy?" "Riots? Why, are you"-"No good place to see a couple of vis

itors sandbagged?" "See here, have you escaped from some lunatic asylum?"

"No; I just came from New York. You're sure there isn't a few old women or children run over by trucks some

"I think I'll take you in"—
"You needn't mind, mister. Just di rect me to the nearest railroad depot and I'll get out of the town fast enough. There are no home comforts here for

"Look here, my friend," said a traveling man to the hotel clerk, "I want to ask you something."

"What is it?" "Why is it that you people always holler 'front' whenever you want a bell

"Why do we holler 'front?" Why, because-er-simply because its-looky here young feller, do you want to know more about this business than I do?'-Merchant Traveler.

"Johnnie, my boy, wouldn't you have

liked to have been George Washington?" "Naw. "No? And why?"

"He never seed a baseball game in his life,"-Nebraska State Journal,

A Great Curiosity. Fickleby-A Chinaman strikes me being the greatest living curiosity. Squeers-Why so?

"Because his head and tail are on the same end."-Lawrence American.

The Misses. Though in this world I've met with strife, I've learned what true domestic bliss is, But half the sorrows of my life Have come to me through certain Misses.

Although in this 'tis not my plan The single gentle sex to censure, Tis true my troubles first began All through a certain Miss Adventure.

My way in life I sought to make, And get a start by frugal living, But lost it all through a Miss Take, Though I was warned by a Miss Giving.

And when a protty maid I wooed, I studied courtship as a science, But fear my love was Miss Construed, Because she feared a Miss Alliance.

Then to Miss Chance I was a dupe, Miss Trust my every step pursuing. And if I e'er got in the "soup" Twas some that Miss Chief had been bre

The Miss-that-next brought me to grief— I fear her name was a Miss Nomer— Was called Miss Fortune who, the thief, Left me wisen short of cash, a roamer.

I gave the gossips many a topic
Who saw my plans to wed Miss Carry,
And lest I should get Miss An Thropic,
I fled with Miss Ery to marry.

Now since I've settled down in life, Less in Miss Hap have I confided, For who is guided by a wife Is not so apt to be Miss Guided. —D. W. McCourt in Pioneer Press.

Oh, What a Cough.

Will you heed the warning! The signal perhaps of the sure approach of that more terrible disease consumption? Ask yourselves if you can afford for the sake of saving 50 cents, to run the risk and do nothing for it. We know from experience that Shiloh's Jure will cure your cough. It never fails. This explains why more than a million bottles were sold the past year. It relieves croup and whooping cough at once. Mothers, do not be without it. For lame back, side or chest, use Shiloh's Porous Plaster. Sold by A. C. Smith & Co. Oh, What a Cough.

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